AID TO MILLIONS CLASSIFIED ADS

Good Nutrition by Dorothy M. Rathmann, M.D.

Is Heart Disease Inherited?

Perhaps you have heard that heart disease is "in the genes." We all know of families where several members have died at an untimely age with heart failure the cause of death. Does this mean the tendency to heart disease is inherited?

Individuals differ in such obvious characteristics as color of hair and eyes, shape of ears and breadth of shoulders. They differ, too, in body chemistry. Some have inherited a system that handles cholesterol and other fatty materials so well that they get few cholesterol deposits in their blood vessels in spite of less than ideal diets. Other people are not so fortunate and have an inherited tendency to high blood cholesterol levels. They are more susceptible to heart attacks.

For most people there are predictable reactions to changes in diet. For example, their blood cholesterol level rises while they are gaining weight (getting too many calories) or eating a diet high in saturated fat and cholesterol. If they exercise more (use up more calories) and eat a less-rich diet, their blood cholesterol level drops.

So let's take another look at this question of inheritance of heart disease. Has the family really inherited a special body chemistry? Or did the members acquire a set of habits likely to lead to heart disease?

Fortunately, genetic inheritance of a tendency to high blood cholesterol levels is not common; perhaps 0.7% of Americans have this problem. But everyone learns a set of habits at home. People frequently copy their parents in such health-threatening habits as smoking excessively, overuse of alcohol, too little exercise and a frantic tense attitude toward daily affairs.

Do you feel you are a victim of your upbringing? Have you learned to enjoy habits and tastes which are currently being blamed for poor health? If so, you may have it in your power to alter the way you live your life and, possibly, prolong it.

Some easy but meaningful changes in food choices can help cut down on saturated fats in your diet. Avoid fat-rich meats; use lean meats instead, and poultry and fish. Skip butter, whole milk and cream; use low-fat dairy products instead. In cooking and serving foods use Mazola corn oil and Mazola margarine.

A nutritious diet, an easy-going disposition and moderation in all things are good mottoes for everyone. For more about improving your diet send for "A Diet for Today," available free from Mazola corn oil, Dept. DTGN, Box 307, Coventry, CT 06238.

• • •

Dr. Dorothy M. Rathmann is Director of Nutrition for Best Foods, a Division of CPC International Inc.

PUBLIC NOTICE

AMENDMENT OF NATIONAL POLLUTANT DISCHARGE ELIMINATION SYSTEM (NPDES) PERMIT TO DISCHARGE TO STATE WATERS AND STATE CERTIFICATE UNDER SECTION 62.1-44-2 ET. SEQ. OF THE CODE OF VIRGINIA (1950), AS AMENDED

Public Notice Number: VA-WRO-MO227
Public Notice Issue Date:

The State Water Control Board has under consideration an amendment to the following NPDES Permit and State Certificate pursuant to paragraph 2, Attachment B thereof:

Town of Appomattox
VA0062707
P.O. Box 705, Appomattox, Virginia 24522
Flow: 0.5
Receiving Stream: Falling River, Roanoke River Basin, Section 5d, Class III A
Discharge: Proposed

The permittee proposes to treat sewage conveyed to the treatment facilities.

The proposed amendment consist of modification of suspended solids limits to reflect changes in regulatory requirements. These proposed amendments are tentative.

PROCEDURES FOR THE FORMULATION OF FINAL DETERMINATIONS

Persons may comment in writing to the Board on the proposed amendments(s) to the permit within 30 days from the date of this notice. Comments shall include the name, address and telephone number of the writer, and shall contain a complete, concise statement of the factual basis for the comments. Comments shall be referenced to specific amendments. Only those comments received within this period will be considered by the Board. The Board may, upon request or upon its own motion, decide to hold a public hearing if it determines that public response is significant.

All pertinent information is on file and may be inspected, and arrangements made for copying at the State Water Control Board, West Central Regional Office, 5312 Peters Creek Road, Roanoke, Va. 24019, telephone (703) 982-7432.

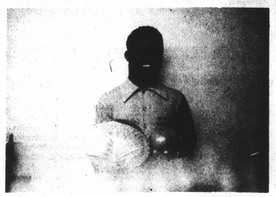
Following the comment period, the Board will make its determinations regarding the proposed amendment(s). These determinations will become effective unless the Board grants a public hearing. Due notice of any public hearing will be given. 8-30-2tc

Oakville

Mrs. E.P. Taylor and Mrs. Hence Moore were visitors in the home of Mrs. Marshall Martin Wednesday, P.M.

Dr. and Mrs. Oscar Martin were joint host and hostess of grandchildren and in-laws of the late Thomas H Martin covered dish dinner, with an attendance of about 40 people. Those attending from this vicinity were: Mr. and Mrs. Russell Martin, Mr. and Mrs. T. R. Martin, Mr.and Mrs. Carl Martin, Mrs. Lonnie Reynolds, Mr. and Mrs. Aubrey Drinkard, Mr. and Mrs. Fleming Drinkard, Mrs. M. W. Drinkard and Mr. and Mrs. R. B. Martin.

Mrs. Ora Noel of Glen Morgan, West Va. is visiting for a few days in the home of Mr. and Mrs. M.A. Hunter. She will return to Shipman Thursday where she will be visiting friends there.



LARGE CABBAGE AND TOMATO - Alvin Walker is shown holding a head of cabbage weighing ten and one-half pounds and a tomato that weighs two pounds and fourteen ounces. It was grown in the garden at the home of his mother, Mrs. Flossie Walker. Alvin said he enjoys helping his mother plant and hoe the garden.

Carolyn Jean Smith

Assigned With U.S. Army Recruiting Service In Area

Specialist Fourth Class Carolyn Jean Smith of Route 1, Box 244, Appomattox, the daughter of Mr. and Mrs. Ezekiel M. Smith, has been assigned for temporary duty with the United States Army Recruiting Station in Lynchburg.

Carolyn is a 1977 graduate of Appomattox County High School where she starred in Girls Varsity Basketball.

Carolyn has been permanently assigned at Fort Stewart, Georgia and will soon leave for Europe. Since her enlistment in the U.S. Army, she has played on the softball, volleyball and basketball teams.

For information on how the U.S. Army may also benefit you, call a Specialist, call Carolyn Smith or SSG Lawrence Early at 845-7241 in Lynchburg.

COUNTY LINE

The school buses were out this morning starting another school session. Many happy boys and girls and maybe some sad ones.

Mr. and Mrs. Emil Umezio of New Jersey spent sometime with Mr. and Mrs. Clarence Jones and Bruce.

Mr. and Mrs. Ray Layne and Missy of Forest spent the week-end with Mr. and Mrs. Richard Nash. Mr. and Mrs. David Carson and Susan visited in this home on Sunday.

Susan Carson and Mrs. Linda Thoma visited Mrs. Richard Nash on Monday.

Mr. and Mrs. Ryland Mann and son and Mr. and Mrs. Nelson Mann and boys enjoyed an ice cream eat in the home of Mr. and Mrs. Henry Mann Sunday.

Mrs. Vernie Jones is on the sic .ist. We hope she will soon be better.

Mr. and Mrs. Pete Banton and Phillip spent Sat. in North Carolina.

Jennifer Nash spent Sat. night with her grandparents, Mr. and Mrs. A.B. Evans, Jr. of Appomattox.

Wendy Nash spent a few days last week with Susan Carson.

Mr. and Mrs. T. C. Torrence and boys visited Mr. and Mrs. Elliott Nash and Dawn Sat. night. Mike Mann also visited in this home.

Mr. and Mrs. Twyman Nash attended the Sharp wedding at Evergreen on Saturday.

Preserve those valuable papers have them laminated at the TIMES-VIRGINIAN, phone 352-8215.

AUCTION AUCTION AUCTION AUCTION AUCTION AUCTION

Saturday, Sept. 8th., 10:00 A.M.

COMMERCIAL PROPERTY

Over 500 Ft. Frontage at

AUCTION

On Highway 29 in Madison Heights, North of Town and Country Shopping Center. Selling for Mr. and Mrs. Cato Morrison of Cleveland, Ohio.

SELLERS WILL OFFER FINANCING

Carlton Wingfield

Auctioneer, Phone 846-5231 Office. Rt 29 N. Madison Heights

AUCTION AUCTION AUCTION AUCTION AUCTION AUCTION

NEW LISTING

Imagine yourself in this new home appreciated for its seclusion on 5 wooded acres and informal California style of living. Great room with fireplace, cathedral ceils and double car garage. Master bedroom features sliding glass doors on to large patio $69,900.

BEAUTIFUL AND HISTORIC

Buckingham County - Peace and quiet await you on this lovely 18 acre mini farm. 3 bedroom rancher; your own poultry operation with Holly Farms will make the payment while you enjoy the country living.

FHA OR VA

Fairly new ranch with full basement and large eat-in kitchen with plenty of cabinets, and including range. Located near schools and shopping and on ly $37,500.

MINI FARM

23 Acres, mostly open, some wooded and fenced. Water on property. 3 bedr., 2 bath, home with full basement and rec room. Kitchen has built-in range, refrigerator and plenty of cabinets. Two flues and wood stove remains. $53,900.

Pat Johnson - 352-8652 — Bea Walker GRI - 384-6158
George Peoples - 525-5000 — Dave Bogart 237-5321
Garland Gay - 384-8687 — Gail Boswell - 384-8750
Mary Vetok - 525-0012 — Susanne Bogart - 237-5321

Century 21
Gail Boswell & Associates, Realtors
237-2951
LYNCHBURG, VIRGINIA

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Box 1515
Richmond, Virginia 23212

EMERGENCY NUMBER
DIAL 352-7395
To Satisfy Your Hunter
The Texas Grill
WATCH FOR OPENING THIS WEEK
6:00 A.M. — 2:00 A.M.

43½ ACRES.....$49,900.00
77 Acres.....$55,000.00
27 Acres.....$31,000.00
5 Acres.....$ 9,500.00
47 Acres.....$20,000.00

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Appomattox, Virginia 24522
Betty P. Bowman Bus: 352-7833 Res: 736-9629
Chuck Foster Bus: 352-7833 Res: 352-5925
Kathy Meadows Bus: 352-7833 Res: 352-6803

PUBLIC AUCTION
SATURDAY, SEPTEMBER 8th 10:00 A.M.
VALUABLE 70 ACRE FARM
All open and pasture land in high state of cultivation. Good boundry fencing, good water supply. This farm has approximately 1800 feet of road frontage on St. Rt. 648. Fire cured tobacco allotment 1.57 Acres.
IMPROVEMENTS:
5 room, 2 story home with bath, 2 porches, new aluminum siding, 2 barns, several out buildings.
FARM MACHINERY
2000 Ford Tractor, Bush hog, 2 row Cultivator, 3 pt. H. Disc, Scrapper Blade, Post Driver, 2 Gang Plow, 3 Hog Blowers, Lime Spreader, H.F. 110 Manure Spreader (new), 3 Pt. PTO Spray Tank, Hammer Mill, H. H. Hay Rake, H. F. Hay Baler, 2 Row corn planter Ford, 1 Row tobacco Planter, Cyclone Seeder, Old Cider Mill, 50 Gal. Link Tank, Wood Saw, Potato Plow, Spike Tooth Harrow, 2 Wheel Trailer, Lift Boom, 80 Bales straw, 200 bales cut hay, 100 bales orchard grass, Hay Loader, 2 Ton 1964 Chev. Truck, 1974 Ford Pinto, Sofa, Victrola, Chairs, Old Hall seat, Walnut dresser, Desk, Old wardrobe, Old Chest of Drawers, Fruit Jars, Old Dishes, Radio, Many miscellaneous Items.
LOCATION: From Lynchburg City Limits on 460 East, Go 10 miles, turn right on 648, go 3 miles.
TERMS: Excellent financing at 9% on Real Estate. Cash on Personal Property.
FOR FURTHER INFORMATION CONTACT:
TED COUNTS AUCTION CO.
6314 Timberlake Road
Lynchburg, Virginia
804-237-2991

A. J. SKATEWORLD
WELCOME TO OUR WORLD
352-2270
ROUTE 24 — APPOMATTOX, VA.
NEW Schedule
Sunday- 7:00 P.M. to 10:00 P.M.
Monday— PRIVATE PARTIES
Tuesday— PRIVATE PARTIES
Wednesday— Fun Night 7:00 P.M. to 10:00 P.M.
Thursday— 7 P.M. to 10:00 P.M.
Friday— 7 P.M. to 10:00 P.M. 9 P.M. to 12:00 P.M.
Saturday— 7 P.M. to 10:00 P.M.—9 P.M. to 12:00 P.M.
ASK ABOUT OUR ALL-SKATE CLUB

AID TO MILLIONS CLASSIFIED ADS

NOTICE OF FORECLOSURE SALE

TRUSTEE'S SALE OF PROPERTY LOCATED IN SOUTHSIDE MAGISTERIAL DISTRICT OF APPOMATTOX COUNTY, VIRGINIA, LOCATED AT RT. 1, Spout Spring, VA 24593, TAX IDENTIFICATION NUMBER 21 LL 102 976 3613 - In execution of a deed of Trust from Ronald T. Turner and Margaret P. Turner, dated August 18, 1975, and recorded that same day, in the Clerk's Office of the Circuit Court for the County of Apomattox, Virginia, in Deed Book 123, Page 593, the undersigned Trustee or Substitute Trustee will offer for sale at public auction at the Courthouse door in Appomattox County, Virginia, on the 12th day of September, 1979, at 10:00 A.M., the following property encumbered by said Deed of Trust.

All of that certain tract or parcel of real estate lying and being in the Southside Magisterial District of Appomattox County, Virginia, about four miles South of Spout Spring, Virginia, lying on State Secondary Road No. 648, adjoining the lands of Hunter Dickerson, on the North, D. M. Harris on the West, fronting on State Secondary Road No. 648 on the East and the other lands of Nancy Lue Petty on the South, containing 1.30 acres, and being a part of the real estate that was conveyed unto Nancy Lue Petty by Deed dated the 19th day of December, 1953 and recorded in the Clerk's Office of the Circuit Court of Appomattox County, Virginia in Deed Book 59, Page 467 said tract of real estate being more particularly described as follows:

Starting at point (1) in the center of State Secondary Road No. 648 common with the lands of Hunter Dickerson; thence with Dickerson's line 5.95 chains to a rock pile at point (2); thence a new line approximately parallel with the aforesaid road and with the line of D. M. Harris 2.00 chains to a stake at (3) in the lands of Nancy Lue Petty; thence a new line approximately parallel with the first line 6.20 chains to the center of the aforesaid road; thence along the center of the aforesaid road 2.00 chains to the point of beginning, containing 1.30 acres.

Being the same real estate conveyed to Ronald T. Turner and Margaret P. Turner by a deed from Nancy Lue Petty, divorced, dated April 8, 1975 and recorded in the aforesaid Clerk's Office on April 16, 1975 in Deed Book 121, Page 352.

TERMS: Cash. (Minimum of 10% of sale price on date of sale, balance within ten (10) days). Title will be conveyed by Trustee's Deed upon payment of balance.

MARION V. BAKER, Trustee
400 North 8th Street,
P.O. Box.10106
Richmond, VA 23240
Telephone (804)-782-2451
8-16-4tc

NOTICE OF FORECLOSURE SALE

TRUSTEE'S SALE OF PROPERTY LOCATED IN SOUTHSIDE MAGISTERIAL DISTRICT OF APPOMATTOX COUNTY, VIRGINIA.

LOCATED AT RT. 1, Box 587, Appomattox, VA 24522.

TAX IDENTIFICATION NUMBER 21LL-37A-68 - In execution of a Deed of Trust from Garland W. Christian and Jennette D. Christian, dated November 5, 1974, and recorded November 6, 1974, in the Clerk's Office of the Circuit Court for the County of Appomattox, Virginia, in Deed Book 119, Page 529, the undersigned Trustee or Substitute Trustee will offer for sale at public auction at the Courthouse door in Appomattox County, Virginia, on the 12th day of September, 1979, at 10:30 A.M., the following property encumbered by said Deed of Trust.

All that certain tract or parcel of real estate, plonging, lying and being in Southside Magisterial District of Appomattox County, Virginia, situated approximately 3.5 miles South of the village of Evergreen, Virginia, fronting on the Northeast side of State Secondary Highway 636, being designated as Lots 12 and 13 on a plat of survey entitled "Plat showing subdivision of Oakridge, Section Two", made by John Flora & Associates, Inc., dated May 2, 1974, and revised July 10, 1974, on two sheets and recorded in the Clerk's Office of the Circuit Court of Appomattox County, Virginia, in Plat Book 1 at pages 27 and 28, Lots 12 and 13 shown thereon being described as follows:

Beginning at an iron marker on the Northeast side of State Secondary Highway 636 to corner with Lot No. 14 as shown on the aforementioned plat; thence S. 29° 42' 18" W. 200.00 ft. to an iron marker; thence S. 29° 42' 18" W. 104.82 ft. to an iron marker to corner with Lot No. 11 as shown on the aforementioned plat; thence N. 69° 14' 39" W. 200.00 ft. to an iron marker on the Southeast edge of State Route 636; thence along the Southeastern edge of State Route 636, N. 29° 42' 18" E. for a distance of 101.15 ft., more or less, to an iron marker to corner with Lot No. 13 at the point of beginning.

And being the same identical real estate conveyed to Garland W. Christian and Jennette D. Christian, husband and wife, by Cecil J. Rowe and Sudie E. Rowe, his wife, by Deed dated 8 October, 1974, recorded in the aforesaid Clerk's Office.

This conveyance is made expressly subject to a right of way and easement granted to the Commonwealth of Virginia, for improvements of State Secondary Highway 636.

TERMS: Cash (Minimum of 10% OF SALE PRICE ON DATE OF SALE, BALANCE WITHIN TEN (10) days). Title will be conveyed by Trustee's Deed upon payment of balance.

MARION V. BAKER, Trustee
400 North 8th Street
P.O. Box 10106
Richmond, VA 23240
Telephone (804)-782-2451
8-16-4tc

SUBSTITUTE TRUSTEE'S SALE

In execution of a deed of trust from Willie Claiborne and Lavinia Claiborne, his wife, dated May 12, 1970, recorded in the Clerk's Office, Circuit Court, Buckingham County, Va., Deed Book 82, Page 441, the undersigned Trustee will offer for sale at public auction, land with improvements containing two (2) acres, off Route #636, near Route 24, Buckingham County, Virginia.

Tax Map ID # 272-56, Parcel 99).

Sale to be held at the front door of the Courthouse, Circuit Court, Buckingham County, Virginia, on September 5, 1979 at 10:15 a.m., the property in such deed.

TERMS: Cash

E. Huband, Jr.
Substitute Trustee
208 Markel Road-Suite 301
Richmond, Virginia 23230
(804) 288-1672
8-23-2t

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•Tilt steering column.
•3-speed windshield wipers with intermittent feature.
•Power antenna.
•Electric remote control left door mirror.
•Electric rear window defroster.
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The Times-Virginian
507 Court St.
Appomattox, Va.

Promise Land Homecoming Attracts Large Crowd

An unusually large crowd attended the annual Homecoming service of the Promise land Baptist Church last Sunday. The Rev. Paul Brown and gospel chorus of the St. Thomas Memorial Baptist Church of Washington, D.C. were the special guest. Rev. Brown delivered the morning and afternoon sermons which were enjoyed by all. Beautiful music was rendered by the chorus. A special deaconess rally was conducted during the afternoon service. The following deaconess of the church reported the following amounts: Mrs. Grace Forest, $456.00; Mrs. Lorraine Booker, $265.60; Mrs. Ella Robinson, $207.00; Mrs. Thelma Hancock, $201.00; Mrs. Teresa Thornton, $108.00. The pastor gave thanks to each leader for a job well done. He also thanked all members, homecomers and friends who helped in any way. The offerings and gifts for the day were very good. Dinner was served in the fellowship hall by a special committee. The revival will follow the home service throughout the week. The Rev. T. Van Rhoe of New Jersey will be the speaker. Local choirs will render music. The general public is cordially invited to attend. Prayer service will begin at 7:30 and preaching will begin at 8 p.m.

Mount Shiloh Choir Anniversary

The Mount Shiloh senior choir will render its anniversary program this Sunday, September 2 at 3 p.m. The president of the choir will serve as master of ceremony. The special guest will be Appomattox Trumpteers. The general public is invited to attend.

Regular preaching service will be held at the Galilee Baptist Church this first Sunday at 11 a.m.

A successful revival was reported at the Chestnut Grove and also the Springfield Baptist Churches last week.

Mrs. C.D. Bigger and husband of York, Pa. spent their vacation here with relatives and friends.

Mrs. Artie Burgess and grandson left here Sunday evening for her home in Washington, D.C. after spending a week here with her sister and family, Mrs. Bernice Laws.

Let us continue for the sick of our church and community.

If it's paper you want... ...we've got it! TIMES-VIRGINIAN Front Entrance Appomattox 352-8215 Court St. - Appomattox, Va.

REAL ESTATE AUCTION
Saturday, September 1, 1979
— 10:30 A.M. —
Property of James C. Ragland
Route 4, Appomattox, Virginia

½ MILE NORTH TOWN LIMITS APPOMATTOX ON ROUTE 26, LEFT ON ROUTE 1034, APPROXIMATELY 500 FEET TO PROPERTY.

Approximately 1 acre open land with 5 room dwelling, well (bored in 1973), and septic system.

Dwelling consists of living room, 2 bedrooms, eat-in-kitchen, full bath, front porch and back porch closed in as room.

This frame dwelling has weatherboard exterior, storm windows and doors, also oil duct heat and 2 flues that can be used for wood circulators and interior walls are paneled.

NOTE: DON'T MISS THIS OPPORTUNITY TO PURCHASE A COMFORTABLE HOME IN AN EXCELLENT NEIGHBORHOOD, ONLY ½ MILE TO SHOPPING CENTER AND WITH ALL THE CONVENIENCE OF A SMALL TOWN.

TERMS OF SALE: 10% date of sale, balance on delivery of deed in 30 days, subject to confirmation by leinholder.

SALE CONDUCTED:

FRANCISCO AUCTION CO.
ROUTE 3 - DILLWYN, VIRGINIA 23936

E.A. (Bill) Talbert Auctioneer & Sales Mgr. Phone 983-2578
Bobbie Gowin Clerk & Business Mgr. Phone 969-4553
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appomattox, virginia

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DAN W. HERNCALL — BROKER

APPOMATTOX CO. - Real attractive bungalow located on a large 1.8 acre lot only 9½ miles out of town. This home has five large rooms plus the potential for two extra bedrooms on the second floor. The lot has an extra large garden spot, nice flowers and shrubs, and there is a 16 x 20 storage building. This property is in very good condition and is a real bargain for investment or a starter home at only $19,500.00.

APPOMATTOX CO. - Here's the place you've been looking for to get away from it all! 2.7 acres of secluded land with a good three room cabin already furnished and ready for that week-end in the country. The land fronts on a secluded state road and is only minutes from a major highway. There is a small stream by the cabin and a large creek near the property line for fishing and wading. The cabin is in very good shape and has all the necessary furniture and appliances plus a good well and a wood stove. A good outbuilding provides good storage space. All this is unbelievably priced at only $16,500.00.

* WE NEED LISTINGS *
WE ARE VERY LOW ON LISTINGS OF HOMES AND FARM PROPERTIES. WE HAVE PEOPLE WHO ARE READY TO BUY NOW WAITING FOR NEW LISTINGS. IF YOU HAVE PROPERTY TO SELL CALL OR COME BY THE OFFICE AND LET'S DISCUSS THE POSSIBILITIES.

APPOMATTOX COUNTY - Find ideal country living on 25 acres with a spacious brick/frame combination home in a rural neighborhood convenient to Appomattox and Farmville. Except for entrance area, the land tract is nicely wooded. The attractive residence built in 1974 has over 2,000 sq. ft. of finished living area plus a basement of equal size with fireplace, and a 20 x 21 garage. Interior features include large kitchen, dining room, entrance foyer, utility room, a 13 x 21 living room and a 12 x 18 family room with corner fireplace, three bedrooms and two full baths. This property comes complete with all appliances and is priced to sell at $88,500.00!

APPOMATTOX COUNTY - Approximately 45 acres of relatively secluded rural woodland with good access and beautiful residential building site offering panoramic view of surrounding countryside. Seller will provide new survey. Good hunting and priced to sell at only $22,250.00.

Dan Herncall Home: 352-2164
Jim Nolen Home: 248-6561
Marvin House, Jr. Home: 352-7418
Watkins Abbitt, Jr. Home: 332-3589

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